

Open house

Spring registration soon for YMCA program

Midland YMCA Spring Registration and Open House for YMCA members commences Monday, March 2 at 8 a.m. and for non-members on Wednesday, March 4 at 8 a.m.

The Spring 7-week sessions start Monday, March 9 to Saturday, April 25.

YMCA members may register by phone for all programs and, because of facility space and quality control, many programs are now at capacity. Registration for the next session must be on a first come-first serve basis and waiting lists will be utilized.

Don't be disappointed, please register early.

For your pleasure we are pleased to offer the following sampling of our Spring program at no charge. This is your opportunity to meet our instructors, visit the facilities, and plan your Spring schedules. Please remember, these programs are just a sample and for this one week are offered free for your enjoyment.

To gain access to the program of your choice just leave your name at the front desk, in person or by

phone, as some programs will have limited enrollments.

Fitness Programs include:
Ladies Morning Fitness: Instructor Pam Leith. Monday or Wednesday from 10:15 to 11:15 a.m.

Noon Fitness (Co-ed): Instructor Sefi Held. Monday or Wednesday from 12:15 to 12:45 p.m.

Ladies Evening Fitness: Instructor Christine Robitaille. Monday or Wednesday from 7 to 8 p.m.

Stretch and Tone (Co-ed): Instructor Jennifer Johnston. Tuesday or Thursday from 10:15 to 11:15 a.m.

After Work Fitness (Co-ed): Instructor Judy Hawkins. Tuesday or Thursday from 5:15 to 6 p.m.

Bottoms Up: Instructor Julie Leavens. Tuesday or Thursday from 7 to 8 p.m.

Adult Karate: Instructor Bill Graham 2nd Dan. Wednesday from 5 to 7 p.m.

Pre-School Programs include:

Tyketime (children 3 to 5 - no parents). Instructor

Mary Lynn Beauvais, E.C.E. Tuesday or Thursday from 9:15 to 11:30 a.m. Create and Play (children 2 to 3 - with parent). In-

structor Mary Lynn Beauvais, E.C.E. Wednesday from 9:15 to 10:30 a.m. **Youth & Teen Programs include:**

Gymnastics: Instructor Ken St. Amant. Wednesday from 4 to 5 p.m. Racquetball: Instructor Brian Seabourn. Wednes-

day from 4 to 5 p.m. Karate: Instructor Ann Grenier. Tuesday from 4:15 to 5:15 p.m. Judo: Instructor Brian

Rawlins. Monday from 5 to 7 p.m.

Friday Night Fever: YMCA Staff. Friday March 6 from 6:30 to 9 p.m.



Woman power

An all ladies rink triumphed in the final of the Penetanguishene Curling Club Tuesday night competition last week. The rink shown above from left to right are: Wendy Howard

(Russ' better half), skip Rosemary Moreau, Moiretta King, and Debbie King. The four-some showed their heels to all comers, mens' rinks included, to win the Bryants Jewellery

Trophy and accompanying prizes. The girls feel vindicated that a woman's rink would prevail in an all sexes, open competition.



Skate Huronia

Another group from the Penetanguishene Skating Club fared well in several categories at Skate Huronia, held in Elmvale a couple of weeks ago. The girls say they enjoy delighting crowds and look forward to

Saturday's show at the Penetanguishene Arena. The carnival will also feature soloists Tracey Robertson and Robert Lenarduzzi.



Blue dreamers

Penetanguishene Figure Skating Club's Blue Dreams skated magically recently, placing first in their division, Pre-novice, in a province-wide competition. This

Saturday, the girls will skate for locals in the skating club's World Fair at the Penetanguishene Arena. Performance times are 1:30 p.m. and 7 p.m.

Highland Inn

A PLACE YE CANNA FORGET

NEW NEW NEW

Every

Saturday Night

A Dining Special

Prime Rib and Fish Buffet

5:00 to 9:00 p.m.
\$15.95

Come and Try our
New Luncheon Menu

FABULOUS FRIDAY

"Steak and Lobster"

Shrimp Boat - Peel and Eat - 1 dozen shrimps
\$3.95

12 oz. King Size New York Red Brand Steak
\$19.95

OR

2 Lobster Tails
broiled to perfection
\$19.95

OR

8 oz. New York Steak and 1 Lobster Tail
\$19.95

WEDNESDAY IS GERMAN NIGHT

Linsen Suppe (Lentil Soup)
Sauer Braten or Jäger Schnitzel
with red cabbage
and home made spätzle (dumplings)
\$12.95

For Reservations
Call 526-9307

THE HIGHLAND INN

King St. and Highway 12 Midland